



The Navajo County PUSH Program presents:

“Get Your STEPS on Route 66”

10 week Step Up Challenge

What: “Get Your STEPS on Route 66” is a program designed to encourage healthy, fit and active lifestyles through an increased focus on encouraging you to make time to walk more during your daily routine and to pursue walking as a recreational activity.

As a participant, you will be competing against yourself and your co-workers to see who can log the highest number of steps per week. At the end of 10 weeks, the individual and team with the greatest number of steps will be named the “Get Your STEPS on Route 66” winner.

All program participants will receive a pedometer and step tracker log. The top individual and members of the top team will win Prizes! We will also be giving prizes out for those who walk the entire “Route 66”.

When: July 1st through September 9th; “Get Your STEPS on Route 66” will be 10 weeks long. **In order to compete, you must submit your waiver by June 30th.** Please print it and return it to Melissa Buckley. We will have sign ups on Monday, June 29 from 9:00 a.m. 10:00 a.m. at each location (Holbrook, Winslow, & Show Low). If you cannot make it, just interoffice mail the waiver and we will get you a pedometer. (You do not have to use the pedometer to track steps if you have another device that does it for you.)

Who: We will have teams made up of 5 people, randomly selected. YES, you may be on a team with others that you do not know. Don’t let your teammates down, STEP it up! You will be notified of which team you are on and a team leader will be selected. Teams will decide on a team name. (Prizes for best team name.)

Reporting your steps: Participants must report their weekly number of steps AND your weekly step goal on Wednesday’s by 10AM to your team leader. Team leaders will then send that information to Callie Jensen (calliejensen.fitness@gmail.com). All information will be collected confidentially and used solely for the Step Up competition. We will only share your name and number of steps with co-workers and fellow competitors to recognize the effort you make in reaching your goals each week. For this walking program, it is recommended that you wear clothing and shoes that allow you to get around and cover long distances comfortably. Be sure to wear clothing that complies with office dress code policy during the program.

Setting Healthy Step Goals:

Walking more doesn't just improve your fitness by virtue of exercise; it also improves your health by reducing the amount of time you are sitting or sedentary. Sitting or remaining sedentary for extended periods of time can make you more susceptible to chronic disease. Increasing your exercise level is also likely to help you relax and be more energetic as you go about your day.

Adding more steps to your day, setting aside time to go for a walk and improving your overall health are the goals, but how can you achieve them efficiently and safely?

- Start out slow and easy. Just walk out the door. For most people this means go outside, walk for 10 minutes, and walk back. That's it? Yes, that's it. Keep in mind you're competing against your co-workers to see who can log the most steps, so for more help on developing a robust walking regimen, visit www.thewalkingsite.com.
- If you don't have time to walk regularly, or would like to add more steps to your day beyond an occasional leisurely stroll, you can increase your step count while going about your daily routine. To learn some ways you can accomplish this, visit https://aom3.americaonthemove.org/~media/Tools/100_Ways_to_Add_2000_Steps.a_shx.
- Eventually you want to be walking between 7,000 and 10,000 steps a day. These numbers are in line with several scientific recommendations, including those of the Centers for Disease Control and Prevention, which suggests that adults ages 18 to 64 need at least 150 minutes of moderate aerobic exercise per week. This equates to about 7,000 or 8,000 steps a day, according to Catrine Tudor-Locke, director of the Walking Behavior Laboratory at Pennington Biomedical Research Center in Baton Rouge, Louisiana. Walking 10,000 steps, or roughly 5 miles, has been shown to help control weight and potentially reduce blood pressure and the risk of developing diabetes. For more information on how much you should be walking to meet your health and fitness goals, visit www.shapeup.org/resources/10ksteps.html.

The Step Up program uses pedometers to track the amount of walking you do while in the program, so be sure to have it on you at all times and record your steps regularly. Utilizing a personal walking chart or journal can help you monitor your progress. There are also numerous mobile apps that can help digitally monitor all of your fitness goals. Through determination, willpower and hard work, YOU can be the **“Get Your Steps on Route 66”** winner! Good luck!



Waiver and Release

Participation in this walking program is voluntary. I elect to participate in this walking program at my own risk and on my own time. This activity is not work-related or mandatory.

I understand that this physical challenge and its accompanying activities may result in injuries to the participants. I believe that I am in good health and can safely participate in this program. If I am a minor, an expectant or breastfeeding mother, an individual over 35 years of age or if I have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease or any other illness, disease, health problem, medical condition or metabolic disorder requiring special dietary needs, I have been advised to consult with my primary health care provider for a professional opinion before enrolling in the program.

Any changes in my diet, including the use of food supplements, weight loss or activity level, are entirely my responsibility.

I have carefully read this waiver and release, and I fully understand that it is a release of liability. I expressly agree to release and discharge and the authors of this program from any and all claims or causes of action. I agree to voluntarily give up or waive any right that I may otherwise have to bring a legal action against my employer or the authors of this program for any personal injury resulting from my participation in this program.

To the extent that a waiver and release of negligence is also allowed in this state, this waiver and release is also a waiver and release of negligence. If any portion of this waiver and release is deemed to be invalid by a court of competent jurisdiction, the remainder of the waiver and release from liability shall remain in full force and in effect.

By signing this waiver and release, I acknowledge that I have read and understand the waiver and release and the disclaimer provided with this program. I also understand and acknowledge that this waiver and release cannot be modified verbally.

Signed: _____

Printed Name: _____

Date: _____

Would you be interested in being a team leader? YES/ NO